

# TOBACCO FACT SHEET

## Youth Smoking

Cigarette smoking is the chief preventable cause of death and disease in the United States, accounting for more than one in every five deaths. Even in light of the evidence, more than one million U.S. teenagers begin smoking each year. Although high school students experiment with cigarette smoking at similar rates, those living in larger cities are less likely to continue use than are their peers who live in smaller cities and towns.



### Mississippi Facts

- ☐ Approximately 60 Mississippi youth begin smoking every day.
- ☐ 28 percent of high school students are regular cigarette smokers.
- ☐ 76 percent of high school students have tried smoking cigarettes, meaning one or two puffs.
- ☐ 58 percent of Mississippi youth have smoked an entire cigarette at least once. Among these, 48 percent were age 13 or younger when this event first occurred.

### A Healthy People 2000 National Objective:

To reduce the initiation of cigarette smoking by children and youth so that no more than 15 percent have become regular cigarette smokers by age 20.

### The Facts

- ☐ 89 percent of adult daily smokers begin before the age of 18.
- ☐ Every day, 3,000 young people become regular smokers in the United States.
- ☐ Tobacco is often the first drug - gateway drug - used by youth who later use other drugs like alcohol and marijuana.
- ☐ Youth who start smoking are more likely to get lower grades in school, to hang out with other kids who smoke, to have a low self-image, to become involved in acts of violence, and don't know how to say no to tobacco.
- ☐ Cigarette advertisements are designed to make youth think that smoking is cool and that everyone does it. These misleading ads appear to increase youth desire to smoke.
- ☐ 85 percent of youth who smoke, use the 3 brands most publicized: Marlboro, Camel and Newport. Only 35 percent of adults smoke these brands.
- ☐ Smoking cigarettes can cause impotence.

# The Risks

The health effects of smoking build up over time. Smokers are at a higher risk than non-smokers for

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> Addiction to nicotine | <input type="checkbox"/> Diabetes    |
| <input type="checkbox"/> Heart attack          | <input type="checkbox"/> Emphysema   |
| <input type="checkbox"/> Stroke                | <input type="checkbox"/> Miscarriage |
| <input type="checkbox"/> High blood pressure   | <input type="checkbox"/> Stillborn   |
| <input type="checkbox"/> Lung cancer           | or low birthweight babies            |

Immediate consequences for cigarette smokers are

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> Bad breath   | <input type="checkbox"/> Smelly clothes               |
| <input type="checkbox"/> Yellow teeth | <input type="checkbox"/> Premature wrinkles and aging |
| <input type="checkbox"/> Coughing     | <input type="checkbox"/> Phlegm production            |
| <input type="checkbox"/> Dizziness    | <input type="checkbox"/> Nausea                       |
| <input type="checkbox"/> Wheezing     | <input type="checkbox"/> Shortness of breath          |

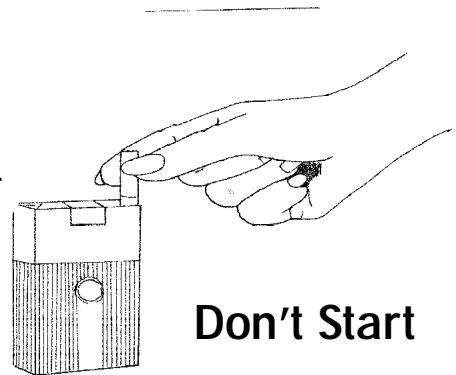
## What Can Be Done

### By Adults :

- ☐ Set a good example. If you have children, they are three times as likely to become smokers if you smoke.
- ☐ Work to ban cigarette smoking in schools, restaurants, and other public places where children frequent.
- ☐ If you smoke, stop now. It not only helps you, but also your children.

### By Youth:

- ☐ Don't start.
  - ☐ Encourage peers not to start.
  - ☐ Educate yourself about the harmful effects of tobacco use.
- The typical smoker spends about \$700 a year on cigarettes.



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